

A Flat Belly in
15 Minutes!

Women's Health

**WEIGH
LESS**

By the
End of This
Week!

**GREAT
BUTT!**

Sculpt a High,
Tight Tush—
in Record Time

Elsa Pataky
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GET SOME!**

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June 2013

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diving range

A bold cutout on a no-nonsense suit is quietly powerful.

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fuzz off

Do you get a five o'clock shadow... on your legs? You might want to consider a longer-lasting hair-removal fix.

LASER

How it works: Lasers target the pigment (melanin) in the hair and deliver energy down to the root to destroy the hair follicle.

Best for: "With her pale skin and dark hair, Snow White would be the ideal candidate," says Noëlle S. Sherber, M.D., a dermatologist in Washington, D.C. Newer lasers—like the LightSheer—can be used on people with darker skin. (Blonde-haired gals still aren't good candidates.)

Maintenance: About five treatments, four weeks apart. Over the years, additional maintenance treatments may be required.

Avoid it: When preppers. While it's safe to laser while expecting, numbing creams that help mitigate the pain should not be used on pregnant women.

Cost: \$125 and up per area, per session

Pain factor (on a scale of one to 10): "From a one to a five, depending on the laser used," says Sherber.

WAXING

How it works: Cold wax is pulled off lightning-fast with pieces of fabric; hot, hard wax is yanked directly off the skin and hurts less. Both methods remove hair from the root.

Best for: Almost everyone—but those taking skin meds like Accutane or using retinol are advised against it, says aesthetician Jodi Shays, owner of Queen Bee Salon and Spas in California.

Maintenance: Every four to six weeks, though years of waxing can weaken the hair follicle. "The follicle starts to be like, 'Screw you, why grow back if you're going to keep pulling me out?'" says Shays.

Avoid it: Around your period or when hungover, when pain receptors are on high alert

Cost: \$10 to \$50 per treatment

Pain factor (on a scale of one to 10): Three to seven, depending on the area (ankles are a real killer). Pop an Advil an hour before.

—Lesley Rotchford